

## JERK MARINADE

<i>Ingredients</i>	<i>Amount</i>
Onion, small dice	1
Green onions, small dice	3 each
Hot chilies* minced or hot chili sauce	4 hot chilies or 4 tablespoons
Oil, vegetable	½ cup
Soy sauce	4 tablespoons
Allspice	1 tablespoon
Garlic, fresh minced	4 cloves
Thyme, fresh	2 teaspoons
Ginger, fresh minced	1 inch length
Pork tenderloin, cleaned	1 each

### *Method:*

- ~ Mix all ingredients together, a blender or food processor works great.
- ~ Marinate pork, beef or chicken for a couple of hours up to 48 hours in the refrigerator.  
(The longer you marinate the spicier the meat)
- ~ Take meat out of the marinade and grill until cooked through, or if it is a beef steak cook until done to your likeness.
- ~ DO NOT serve marinade that has had beef, pork or chicken in it unless you boil it first.
- ~ Jalapenos are the mildest of the hot peppers, habaneros the hottest!

## GRILLED VEGETABLES

<i>Ingredients</i>	<i>Amount</i>
Squash, cut lengthwise	1 medium
Zucchini, cut lengthwise	1 medium
Onion, red, sliced thick	1 each
Oil, canola or olive	¼ cup
Seasoning salt	To taste
Basil, fresh chiffonade	4 - 6 leaves

### *Method:*

- ~ Cut squash and zucchini in 4 lengthwise slices, cut red onion in 4 slices.
- ~ Toss vegetables in the oil to coat and sprinkle with seasoning salt.
- ~ Put vegetables on a hot grill and cook on both sides until cooked to your likeness
- ~ When vegetables are done you can cut smaller if you like and garnish with the fresh basil.



*Recipes by*  
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